

Letters to the editor...

NB: Please keep letters to approx 100-150 words in length. Ed.

Re: Fluoridation

Dear Editor,

I was very pleased to see that the past 4 issues of Nexus carried articles on Fluoride. Because of government misinformation, it is important that the public be enlightened with the true facts, especially in light of the threats made to "rebel" NSW shires.

Fluoridation is a many-faceted subject and the following points are being contested by myself and other anti-fluoridationists.

- The NH&MRC will not ask drink manufacturers to declare the presence of sodium fluoride on labels of products made in fluoridated areas, (eg fruit drinks, soy drinks etc).

- Because of the above, there is no way in which total fluoride intake can be monitored (as recommended in the NH&MRC's Interim Report).

- Re: The "Death Valley" tragedy in Cygnet, Tasmania, the SPCC apparently didn't become involved. The NSW SPCC would not become involved if the same leakage happened in this state, in spite of the fact that it admits being theoretically responsible in this area.

- Even though the claims by the Health Department that fluoridation prevents dental diseases should make this product a preventative medicine, it is not regulated by law as such. It is not included in the Therapeutic Goods Act.

- The original task of the water authorities to provide clean water has been extended to that of pseudo pharmacist. The NH&MRC has not only investigated fluoridation for a long time, but makes recommendations on the manner in which fluoride should be distributed, makes statements on social attitudes and generally exceeds

what should be its brief.

- Mass medication with fluoride does not come under the ethical practices set down by the AMA.

- A "1984" style renaming process has put fluoride outside many regulations to which it should be subject. For example, "addition" becomes "adjustment"; artificial fluoride is called "a naturally occurring substance"; the inclusion of water bottled drinks is referred to as "aid to manufacturing"; and by omitting "sodium" from the name, sodium fluoride ceases to be a "rat poison".

I was astounded to receive a letter from Federal Health Minister Peter Staples describing sodium fluoride as a water treatment chemical. Perhaps it is hoped that if this erroneous statement is repeated often enough, the public will eventually accept it as such.

Re: Your news item "Fluoridation Blackmail", I have this comment. Many people are on pensions on the coast. There is a high rate of unemployment in coastal NSW. Therefore the waiting list has lengthened, not because of rotting teeth deprived of fluoride, but because of more people living in these towns and more people on pensions and unemployment benefits. To further confuse the issue, many people own water filters, or rain-water tanks. Therefore the minister has deliberately oversimplified and distorted the statistics.

Mrs. J. Gow, South Golden Beach, NSW

Re: Illegal Bank Credit

Dear Sir,

On behalf of the Committee of our Voters Action Assn, I would like to congratulate you for your courage in printing the article in

the February/March 1991 issue, on Illegal Bank Credit. You indicated that the article was based on information supplied by Mr Dennis Stevenson on 13th September 1991. He is also very brave.

While our organisation has the primary aim of having Citizens Initiated Referendum and Recall introduced into the Australian political scene, it is also very interested in trying to inform the people about what is really going on. On the subject of "Bank Credit" we all have much informing to do as the true story is largely kept away from the people. Keep up the good work.

A.C. Ryan (Secretary)

Re: Magnetic Fields and Local Foods

Dear Editor,

Thinking on food sources and the bodies reaction to various groupings etc, the mind wandered to Magnetic Fields and the effect of varied food sources in relation to the Magnetic field in which we live.

As our bodies are constantly in contact and influenced by, the magnetic flux lines in the area we live, would it not be reasonable to think that we would fare better from foods grown and cultivated in that same area? Rather than the wide varieties available through packaging and shipping which is the standard today?

Cite the Aborigines - travelling as they did, the foods they ate would be in the same fields as their bodies, more natural and harmonious.

So taking "home grown fresh vegies" from this angle the benefits may also be due to the harmonious balance of the magnetic fields.

D. Reading, Southport. Qld

(Good thoughts indeed. I seem to recall somewhere that Macrobiotics is based on eating foods produced locally, maybe the ancient Chinese were onto the same thing? Ed.)

Re: Home Cures

Dear Sir,

I would like to pass on to you details of cures for hiccoughs, baldness, and flat feet, in the hope that they may be of benefit to others.

Hiccoughs:

A measure of undiluted raspberry cordial to be sipped slowly. Use sufficient cordial to make a regular sized glass of drink, but do not add the water.

Baldness:

Massage salt into scalp daily, (coarse salt if possible). This treatment was recommended to family friend back in 1949. He was a youngish man and completely bald. After a time, soft fluffy hair began to appear on his head, and very soon he had a full head of thick, auburn, curly hair. His nickname was curly, and remained so.

Flat Feet:

To strengthen muscles which support arch.

Stand with feet together.

Roll toes under, arching foot. Tense muscles, hold for 5 seconds.

Relax feet - return to normal. (The weight will shift to outside of feet).

Repeat 5 - 10 times, at least once a day.

I would be grateful if you would investigate these claims, and when you have verified their effectiveness please pass them on to others.

B. Emery, Palm Beach. Qld.
(Anyone want to give them a go and let me know the results? Ed)